

# STAYING HEALTHY WHILE STAYING CONNECTED



## AGE RANGE

10–13

## OVERVIEW

Screen time does not have to be sedentary! Students will review their sedentary hobbies, such as watching television or playing video games, and design a physical activity challenge that will help them increase their physical activity during these hobbies. They will explain how their plan could help them reach their daily physical activity recommendations.

## ACTIVITY DURATION

45–60 minutes

## OBJECTIVES

Students will:

- Explain the connection between sedentary behaviour and noncommunicable diseases
- Assess the physical activity recommendations for their age group
- Evaluate the number of hours they spend doing sedentary hobbies compared to physical activity
- Develop and test a physical activity challenge they could use during sedentary hobbies

## MATERIALS NEEDED

- Pencils, one per student
- Plain white paper, 1–2 sheets per group
- Stopwatch or mobile phone timer, one per group
- Whiteboard marker and chalk, one per volunteer
- **Physical Activity Guidelines for Children and Adolescents** handout, one per student

For more information about the Future Well Kids programme, please email

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